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THE LINE BETWEEN MANIFESTATION AND INTUITION

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Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

My personal journey in meditation has brought me to regularly focus on the concept of manifestation. As someone who has had a strong sense of my own intuition since I was a teenager, I've always listened to my personal guidance. In other words, my intuition has always been pretty accurate, and I learned at a young age to trust it. But the concept of manifestation is relatively new to me.

I began really diving into the concept of manifestation last year when I took the SyncCreation home workshop during COVID-19. When I began studying manifestation, it raised some questions or, perhaps, introduced some confusion into my mind. Specifically, the line between receiving a negative feeling and manifesting negativity became quickly blurred. I found it sometimes unclear if I was attracting something negative or feeling that something bad was coming. Let me explain ...

Ever since I was a child, I've "known" when something bad is going to happen before it does. It was a type of intuitive defense mechanism that came naturally to me growing up in the environment that I did. So, a few hours before something bad happens, I "know" it's coming and I'm able to prepare for it the best I can or exercise more caution as it approaches. It's never clear what bad thing is on its way to me, just that something negative is coming.

After learning about manifestation, I quickly realized that sometimes, however, this focus on the bad that is coming can become unhealthy. I'm a strong believer in the Law of Attraction. I believe that when we focus too much on the negative that may be coming in, we can attract more negativity to us.

So, as I learned about manifestation, I began re-evaluating these bad feelings that I would have. While I appreciate receiving these warnings from the Universe, I felt they could occasionally have me focusing on the bad, and the line between my intuition preparing me for something and manifesting more negativity became blurred. So, how

to fix this? I needed to put a plan into action to clarify. I sat back and carefully evaluated what this all meant to me and how I could process these feelings going forward.

Do I appreciate these “warnings” (we’ll call them)? Absolutely! So, as I’ve always done, when they come in now, I receive them with gratitude. However, I’ve spent the last few months learning to not become hung up on them. Instead of focusing on the negativity that comes with these feelings, I’ve learned to be alert while letting the negativity go. Now, when I get a bad feeling, I will take a quick 5-minute meditation break to breath out the negative thoughts and see myself filling with white light, releasing the bad and bringing in the good. This way, I am protected from whatever comes. I hold the sense of “alert” that I have, so I am prepared, but instead of holding onto the negativity and, therefore, potentially attracting more, I release it and protect myself with healing energy.

So far, I can say that it has worked like a charm.

It can be a very confusing concept at times when you are receiving negative bits of information. You may be tempted to live in these moments and draw more negativity to yourself. And that’s never healthy. I had to learn that the hard way. I believe it’s important in these situations to receive the feeling with gratitude, learn to understand what it means for you, and release it. It’s equally important to then protect yourself and move on with your day while staying alert.

This has changed the way I view my “warnings” forever. So, if you’re someone who receives these occasional “warnings,” I hope you can take it from me and learn the lesson I did. It can help make your days so much happier.